



GEORGIA PECAN COMMISSION

What's in a Pecan?

Pecans (*Carya illinoensis*), Nutritional value per 100 g

Source: USDA National Nutrient Database

Principle	Nutrient Value	% of RDA
Energy	691 kcal	34.5%
Carbohydrates	13.86 g	11%
Protein	9.17 g	17%
Total Fat	71.9 g	360%
Cholesterol	0 mg	0%
Dietary Fiber	9.6 g	25%
Vitamins		
Folates	22 µg	5.5%
Niacin	1.167 mg	7%
Pantothenic acid	0.863 mg	17%
Pyridoxine	0.210 mg	16%
Riboflavin	0.130 mg	10%
Thiamin	0.660 mg	55%
Vitamin A	56 IU	2%
Vitamin C	1.1	2%
Vitamin E-γ	24.44 mg	163%

Electrolytes

Sodium	0 mg	0%
Potassium	410 mg	9%

Minerals

Calcium	70 mg	7%
Copper	1.2 mg	133%
Iron	2.53 mg	32%
Magnesium	121 mg	30%
Manganese	4.5 mg	196%
Phosphorus	277 mg	40%
Selenium	3.8 µg	7%
Zinc	4.53 mg	41%

Phyto-nutrients

Carotene-β	29 µg	-
Crypto-xanthin-β	9 µg	-